



## Assessment

### Reflective questions

1. In what way did this exercise enable you to communicate a sense of hope and a positive attitude towards meaningful change?
2. How can you contribute to a sense of hope and a positive attitude towards meaningful change in the societal transition of your choice?
3. How can you further improve your optimistic thinking?
4. In what other situations can you see yourself being able to use this kind of reframing of mind?